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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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FISH 'N CHIPS A POPULAR IDEA FOR LENT

Fish sticks combined with french fries and served with catsup, chili sauce, or tartar sauce form the basis for the ever-popular Fish 'n Chips. They combine equally well with any number of other foods to provide the basis for a tasty, nutritious meal, says the Fish and Wildlife Service.

Fish sticks--those modern wonders of the fish world--are an easy-to-prepare product of phenomenal popularity. They are firm, fresh, oblong slices of popular types of fish which are frozen, dipped in egg-wash and breaded. They are packaged either as raw breaded sticks or golden brown fried sticks, frozen, and distributed to the freezers of the Nation's food markets.

The raw or uncooked breaded sticks, which take a little more time to prepare, are for the woman who prefers to do her own frying, while the golden brown fried sticks are for the business woman and busy homemaker who has to prepare a meal in a hurry. Both types are cooked without thawing. For best results when using these products, follow the directions on the package and serve them piping hot.

The home economists of the Fish and Wildlife Service recommend the following menu for your Lenten Fish 'n Chips dinner!

Tomato Juice
Fish Sticks - French Fries
Buttered Peas - Cole Slaw
Hot Rolls and Butter
Sherbet and Cookies
Coffee

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